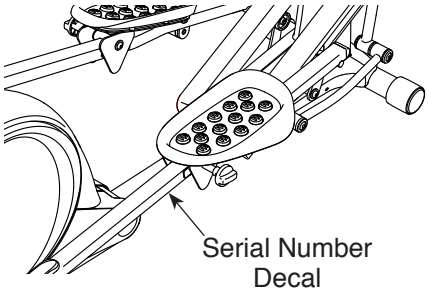
NordicTrack® E9.5

Model No. NTEVEL90912.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

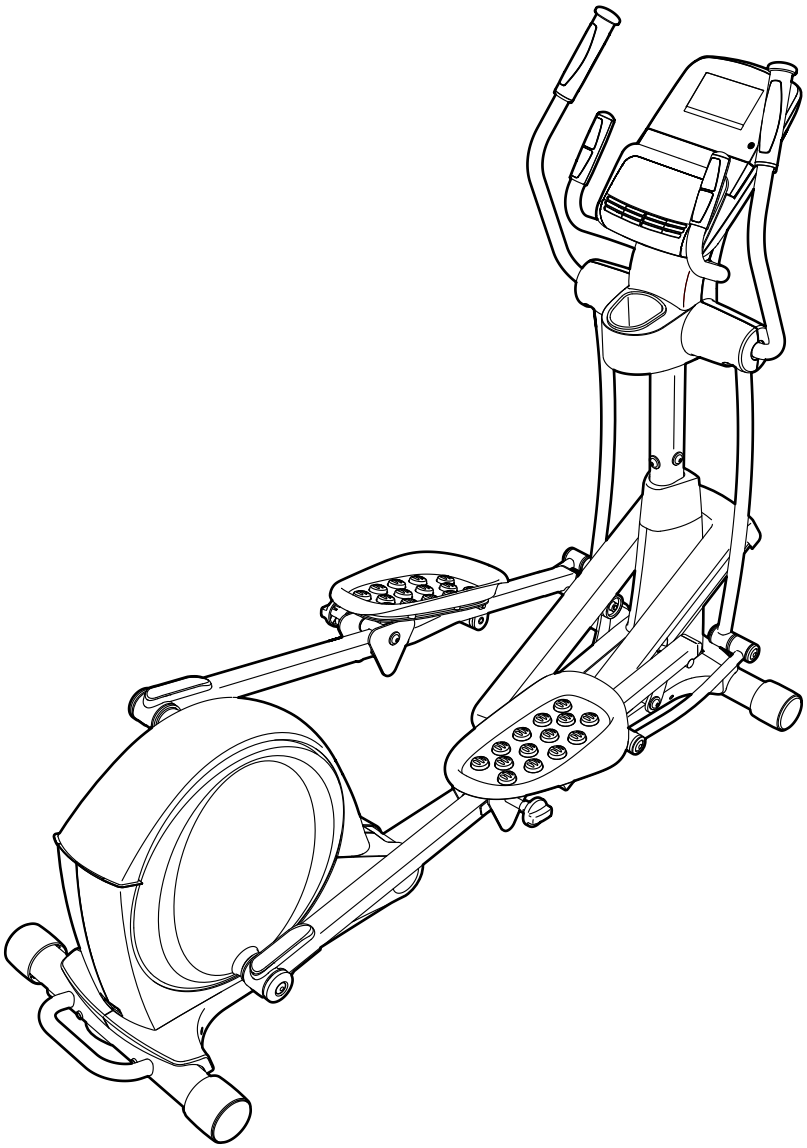
UNITED KINGDOM
Call: 08457 089 009
From Ireland: 053 92 36102
Website: www.iconsupport.eu
E-mail: csuk@iconeurope.com
Write:
ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
CASTLEFORD
WF10 5QJ
UNITED KINGDOM

AUSTRALIA
Call: 1800 993 770
E-mail: australiacc@iconfitness.com
Write:
ICON Health & Fitness
PO Box 635
WINSTON HILLS NSW 2153
AUSTRALIA

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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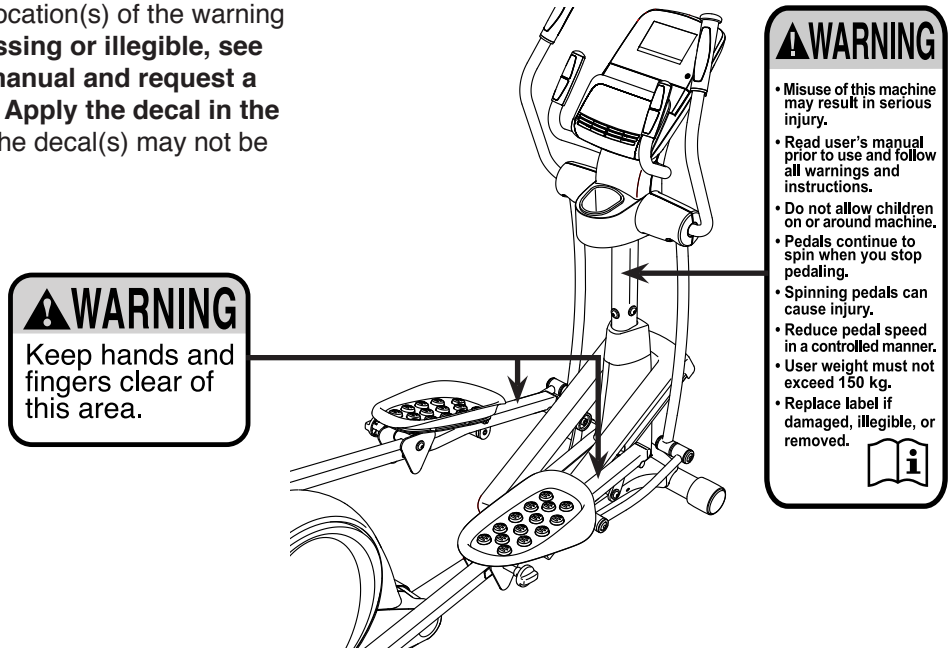
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



NORDICTRACK is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

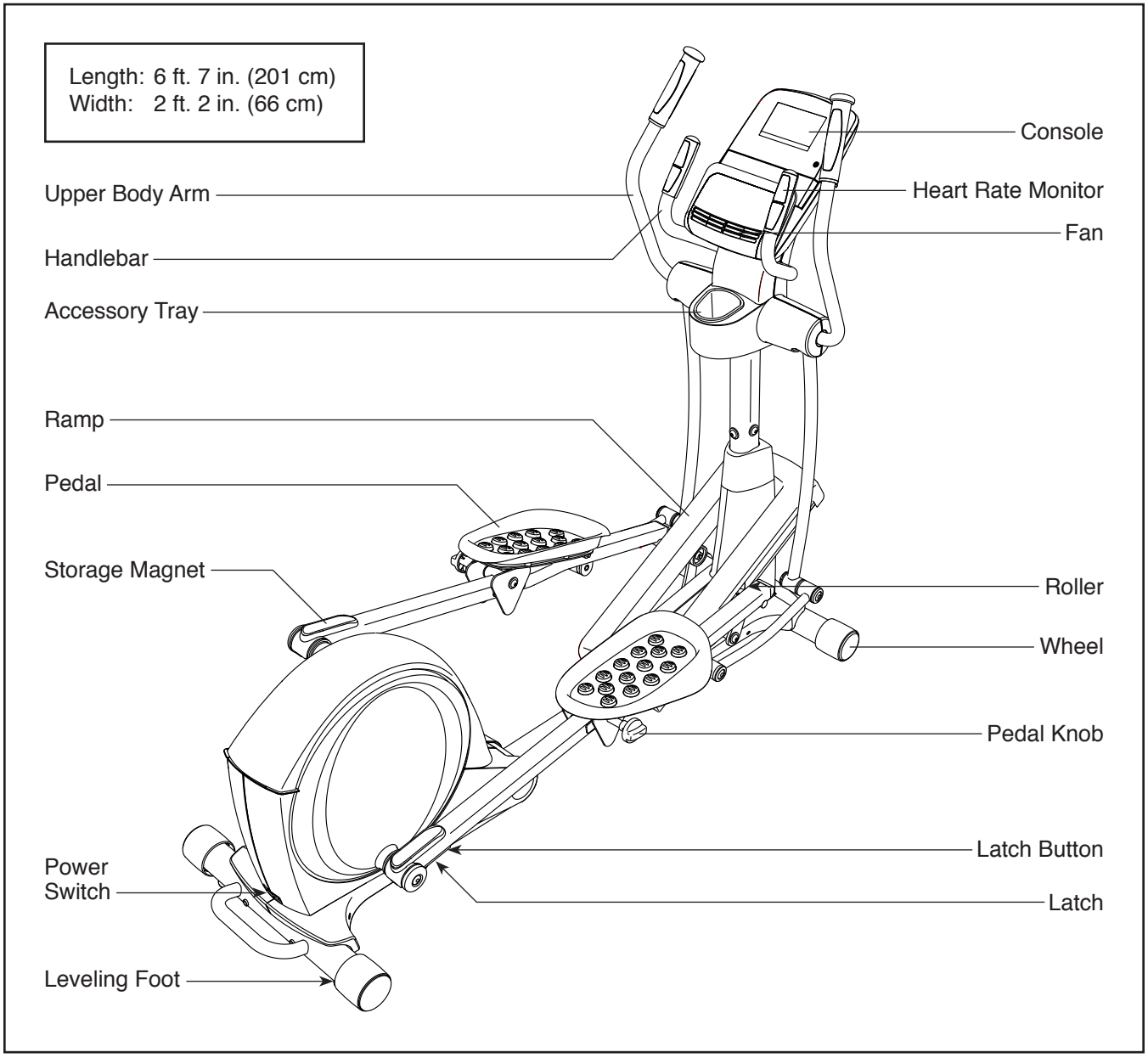
1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **Use the elliptical only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 330 lbs. (150 kg).**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® E 9.5 elliptical. The E 9.5 elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

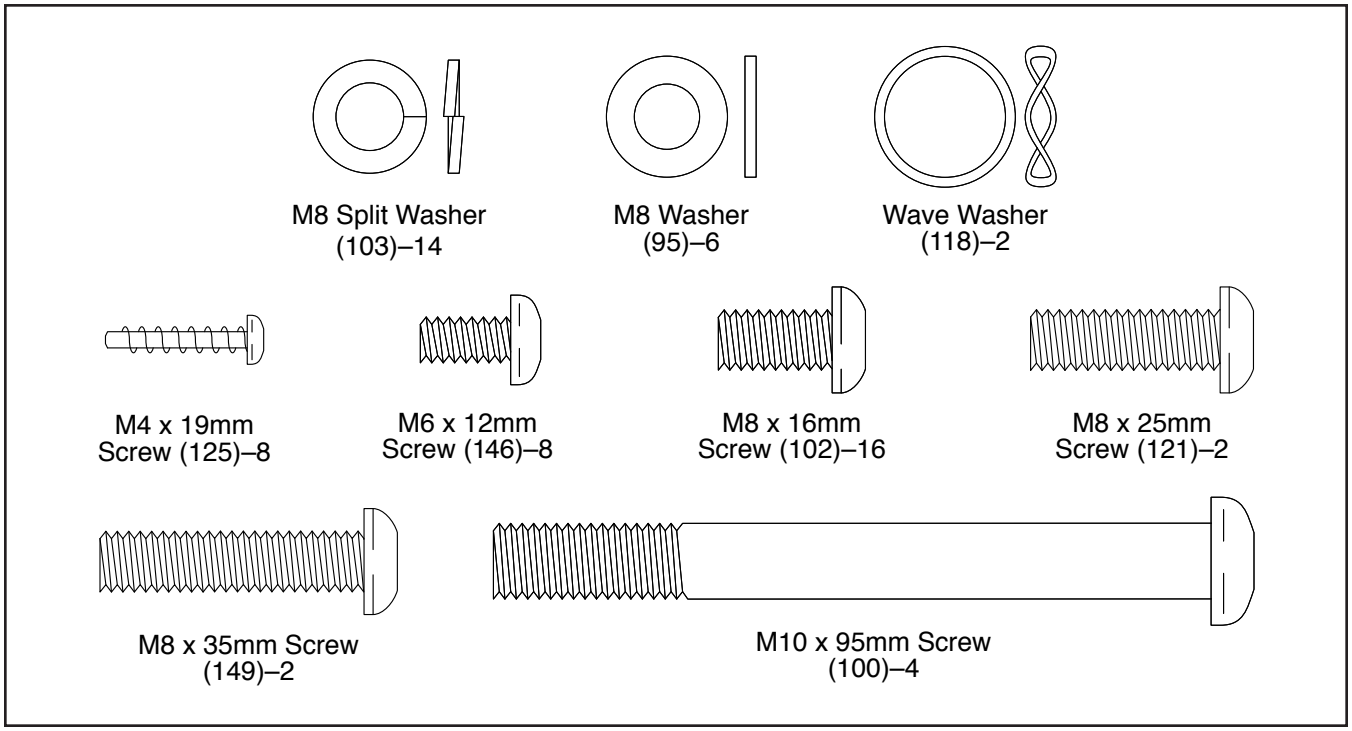
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



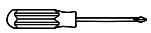
PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver 

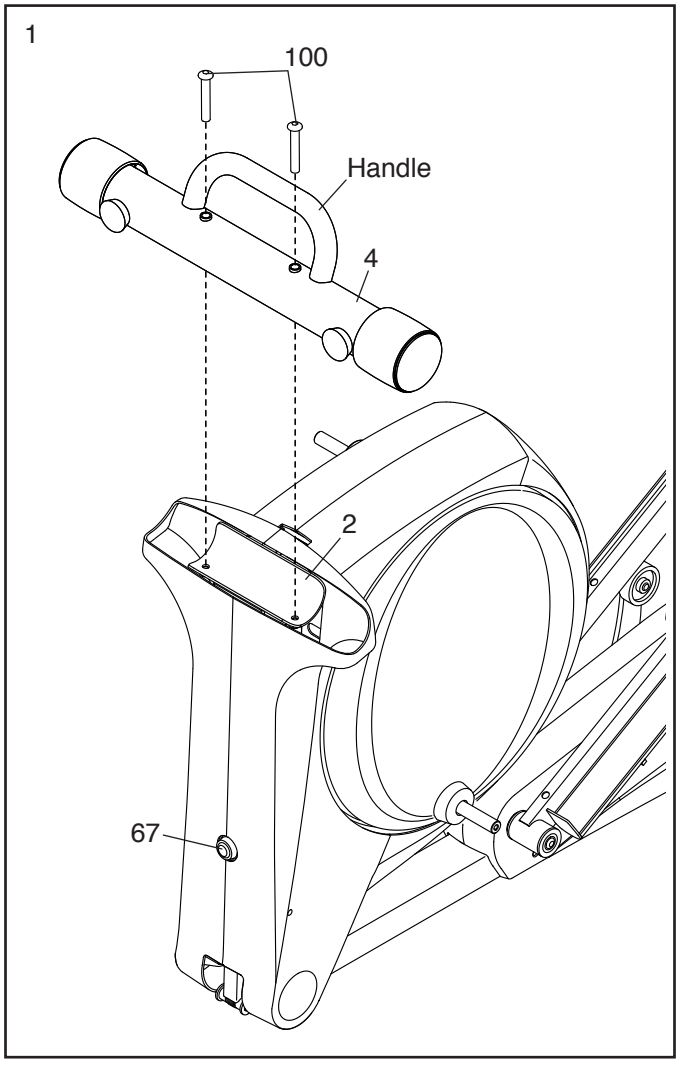
  one rubber mallet

  Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Rear Stabilizer (4) as shown.

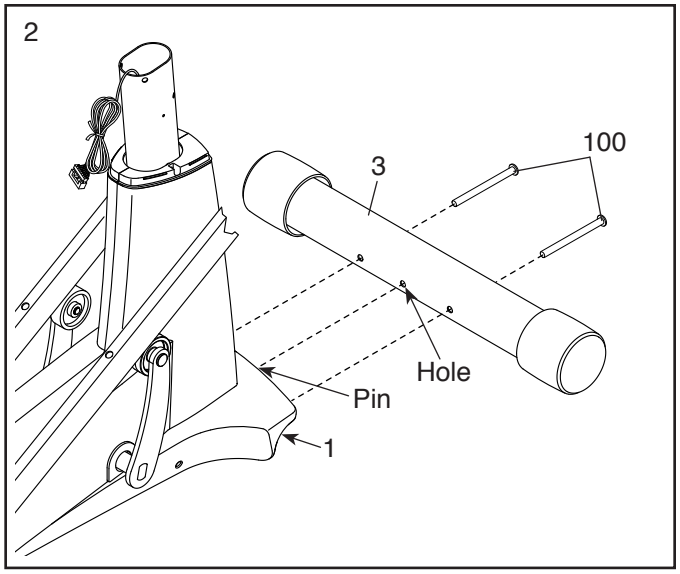
   Attach the Rear Stabilizer (4) to the Folding Frame (2) with two M10 x 95mm Screws (100).

   Next, hold the handle on the Rear Stabilizer (4), press the Latch Button (67), and lower the Rear Stabilizer and the Folding Frame (2) to the floor.



2. Orient the Front Stabilizer (3) so that the indicated hole is facing the pin on the Main Frame (1).

   While a second person lifts the front of the Main Frame (1), attach the Front Stabilizer (3) with two M10 x 95mm Screws (100).



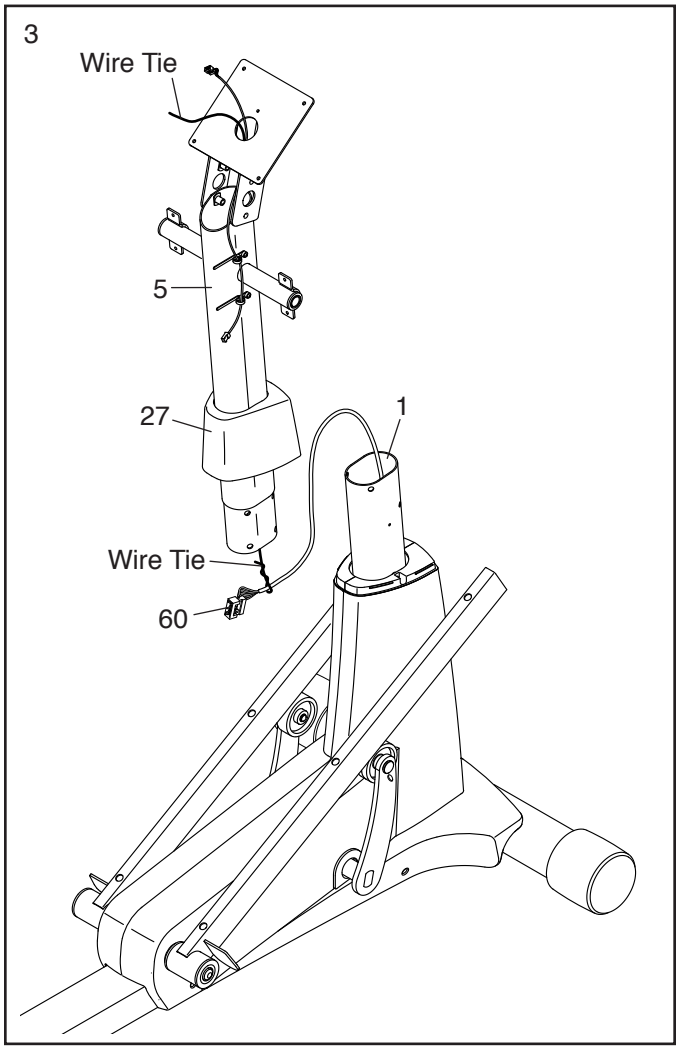
3. Orient the Upright (5) and the Top Cover (27) as shown.

   Slide the Top Cover (27) upward onto the Upright (5).

   Then, have a second person hold the Upright (5) and the Top Cover (27) near the Main Frame (1).

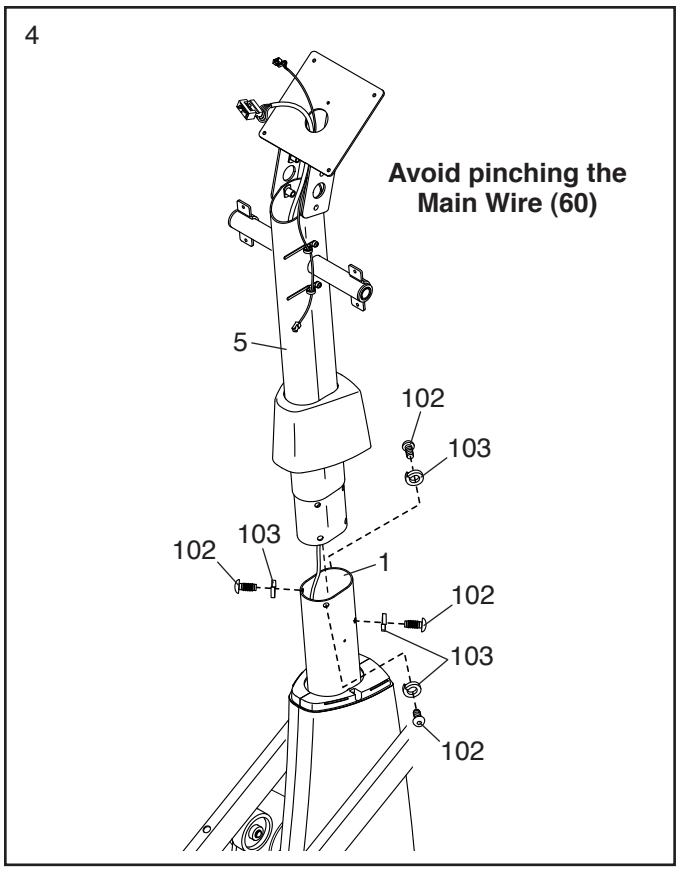
   Locate the wire tie in the Upright (5). Tie the lower end of the wire tie to the Main Wire (60). Next, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

   Tip: To prevent the Main Wire (60) from falling into the Upright (5), secure the Main Wire with the wire tie.



4. **Tip: Avoid pinching the Main Wire (60).** Insert the Upright (5) into the Main Frame (1).

   Attach the Upright (5) with four M8 x 16mm Screws (102) and four M8 Split Washers (103); **do not tighten the Screws yet. You will tighten the Screws at the end of step 11.**



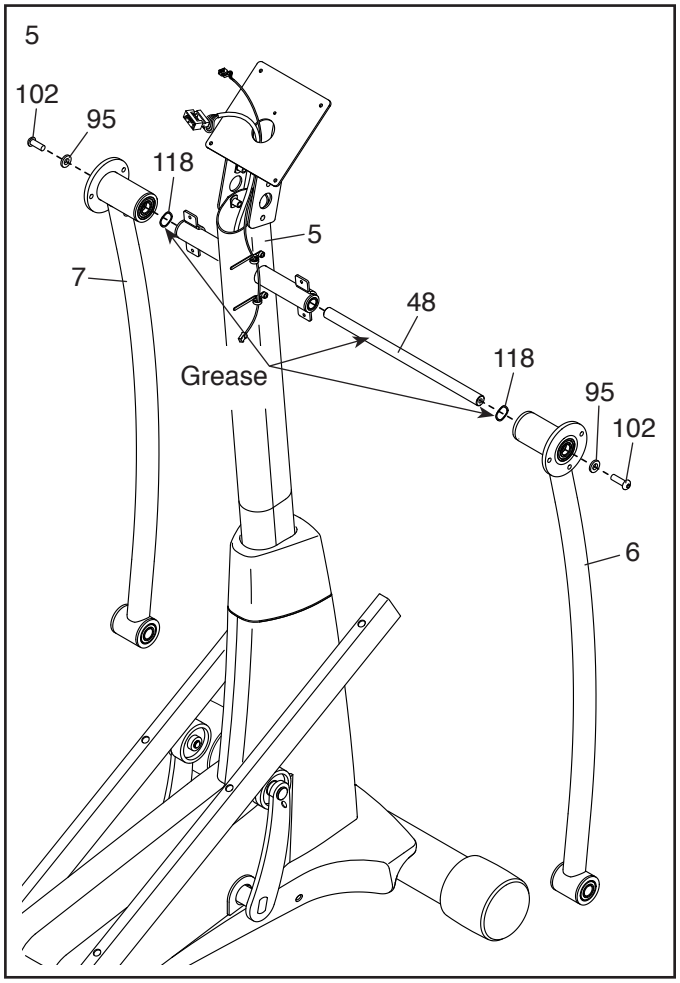
5. Using a small plastic bag to keep your fingers clean, apply a coat of the included grease to the Upright Axle (48) and to two Wave Washers (118).

   Insert the Upright Axle (48) through the Upright (5) and center it. Then, slide a Wave Washer (118) onto each side of the Upright Axle.

   Next, identify the Right and Left Upper Body Legs (6, 7) and orient them as shown.

   Slide the Right and Left Upper Body Legs (6, 7) onto the Upright Axle (48).

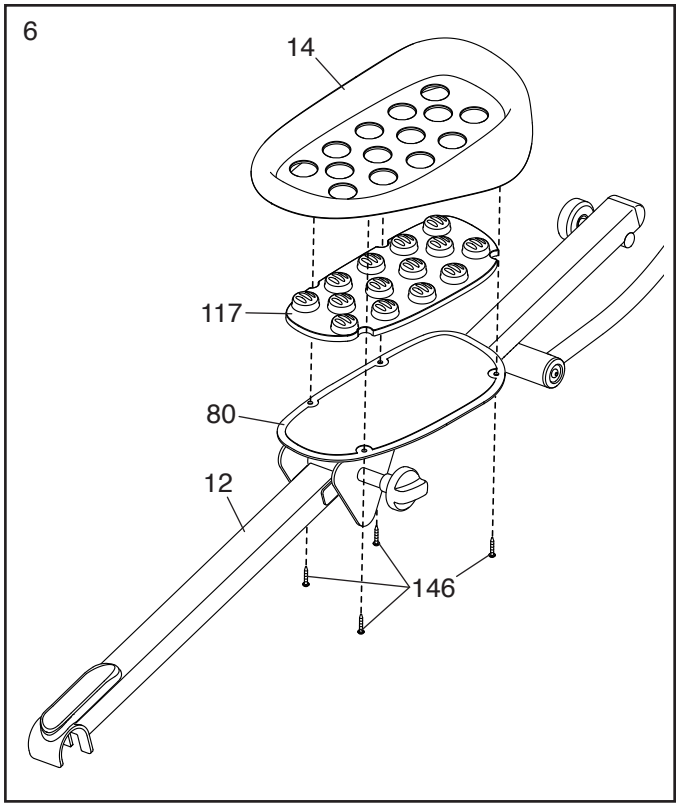
   Then, tighten an M8 x 16mm Screw (102) and an M8 Washer (95) into each end of the Upright Axle (48) **at the same time.**



6. Identify the Right Pedal (14), the Right Pedal Insert (117), and the Right Pedal Arm (12) and orient them as shown.

   Attach the Right Pedal (14) and the Right Pedal Insert (117) to the Right Pedal Plate (80) with four M6 x 12mm Screws (146). **Tip: It may be helpful to lift the Right Pedal Plate.**

   Attach the Left Pedal (not shown) and the Left Pedal Insert (not shown) to the Left Pedal Plate (not shown) in the same way.

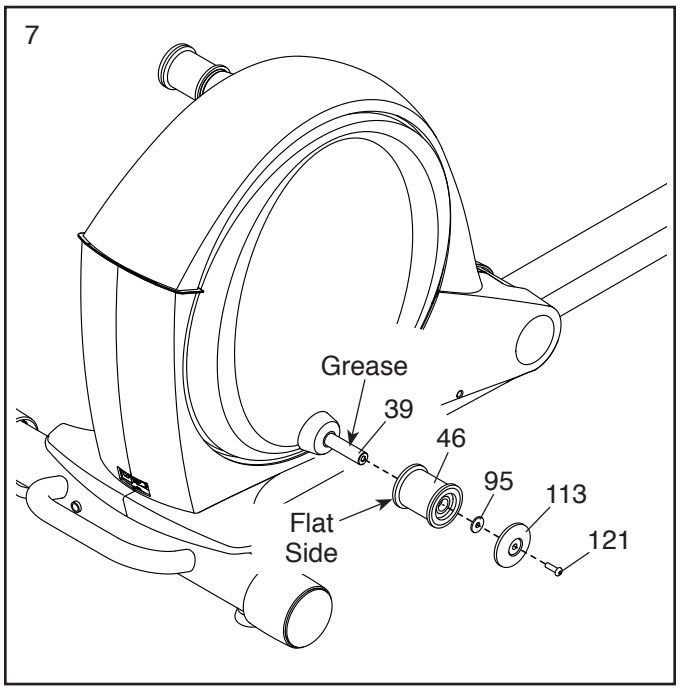


7. Apply grease to the axle on the right Crank Arm (39).

   Orient a Pedal Arm Sleeve (46) so that the flat side is facing the elliptical. Slide the Pedal Arm Sleeve onto the axle on the right Crank Arm (39).

   Attach the Pedal Arm Sleeve (46) with an M8 x 25mm Screw (121), a Large Axle Cover (113), and an M8 Washer (95). **Tip: Avoid damaging the Large Axle Cover when tightening the Screw.**

   Repeat this step on the other side of the elliptical.



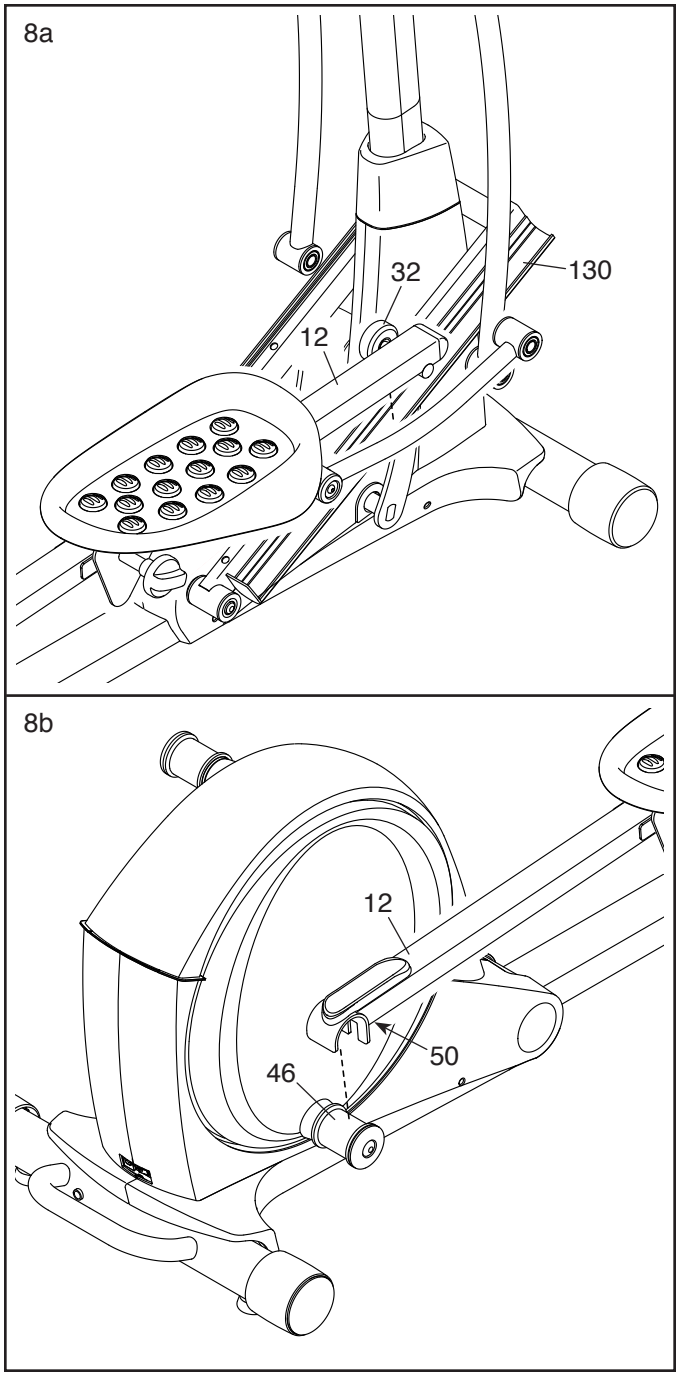
8. **See drawing 8a.** Locate the Pedal Arm Roller (32) on the Right Pedal Arm (12).

   Set the Pedal Arm Roller (32) on the right side of the Ramp (130).

   See drawing 8b. Pull upward on the Latch (50) on the Right Pedal Arm (12).

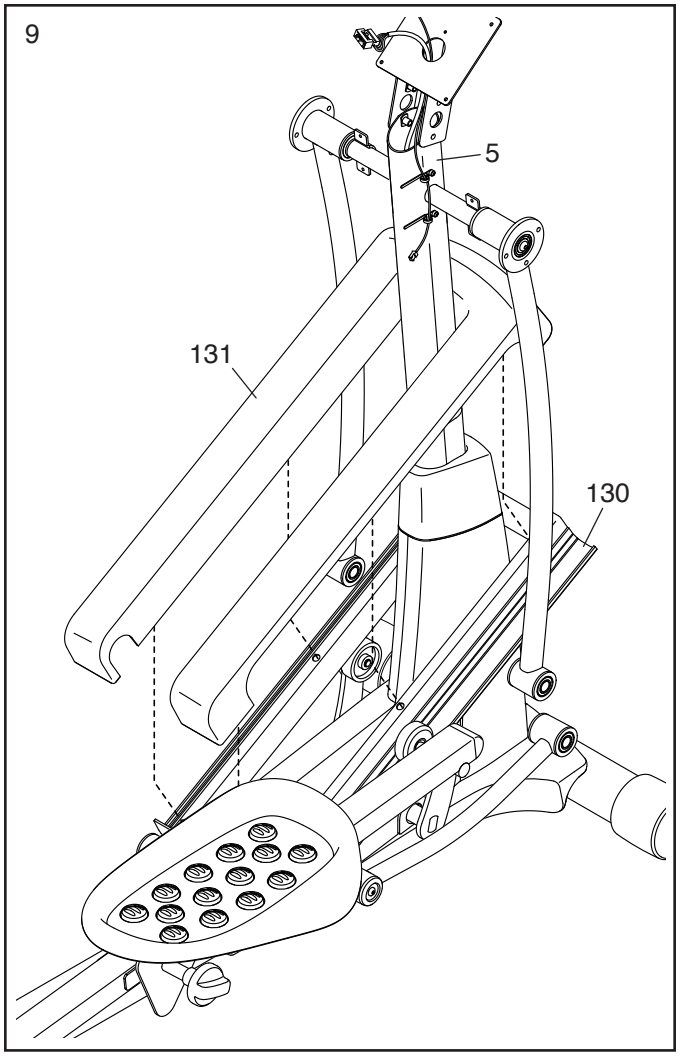
   Press the Right Pedal Arm (12) onto the right Pedal Arm Sleeve (46). **Make sure that the Right Pedal Arm latches into place.**

   Repeat this step on the other side of the elliptical.



9. Orient the Ramp Cover (131) around the Upright (5) as shown.

   Press the Mounts (not shown) on the underside of the Ramp Cover (131) into the Ramp (130).



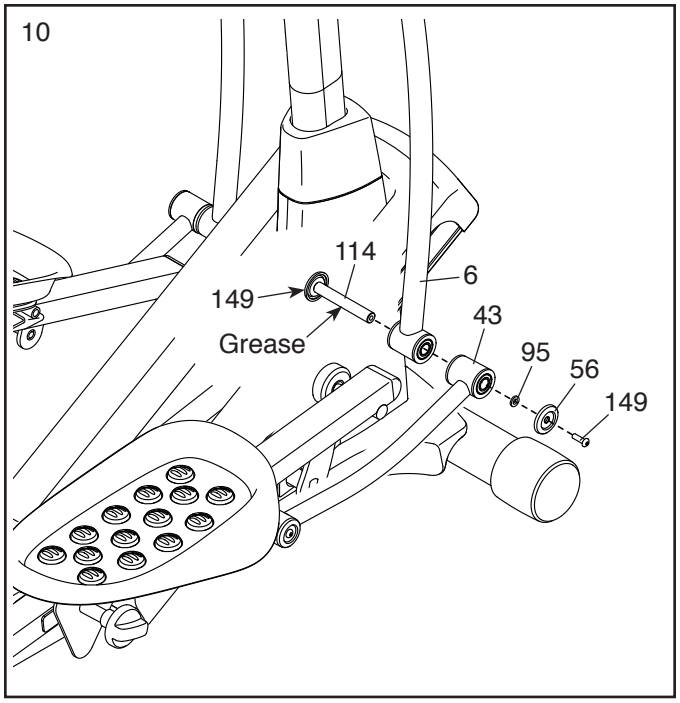
10. Apply grease to a Link Arm Axle (114).

    Insert the Link Arm Axle (114) into the Right Upper Body Leg (6) and the Right Link Arm (43) from the side shown.

    Insert a hex key into the M8 x 35mm Screw (149) in the Link Arm Axle (114).

    Using a second hex key, tighten another M8 x 35mm Screw (149), a Small Axle Cover (56), and an M8 Washer (95) into the other end of the Link Arm Axle (114). **Tip: Avoid damaging the Small Axle Cover when tightening the Screw.**

    Repeat this step on the other side of the elliptical.



11. Identify the Right Upper Body Arm (8) and orient it as shown.

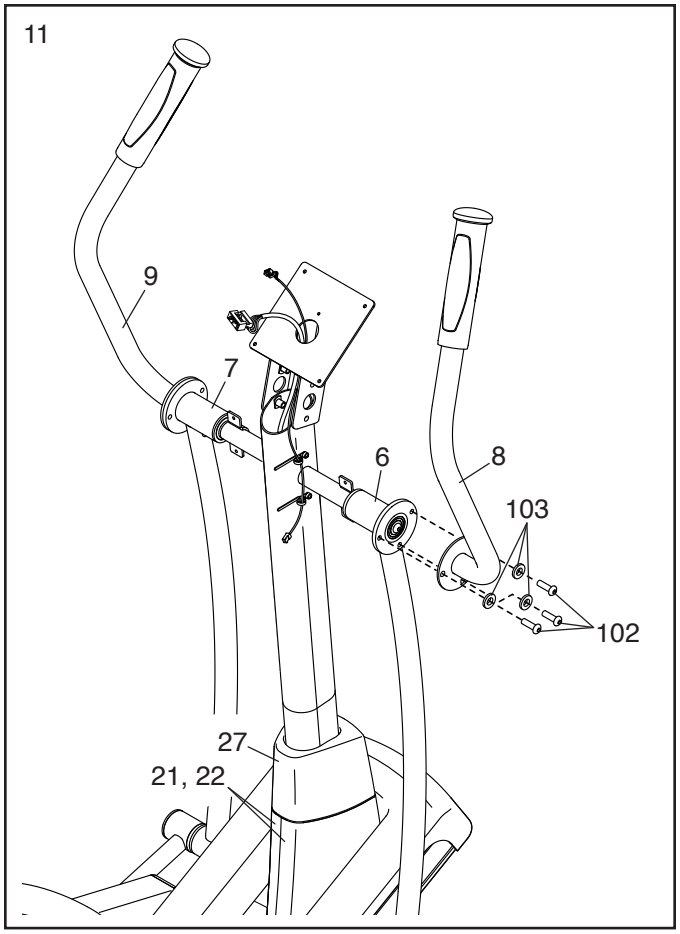
    Have a second person hold the Right Upper Body Arm (8) near the Right Upper Body Leg (6).

    Attach the Right Upper Body Arm (8) to the Right Upper Body Leg (6) with three M8 x 16mm Screws (102) and three M8 Split Washers (103).

    Attach the Left Upper Body Arm (9) to the Left Upper Body Leg (7) in the same way.

    See step 4 on page 8. Tighten the M8 x 16mm Screws (102).

    Slide the Top Cover (27) downward and press it into the Right and Left Frame Covers (21, 22).



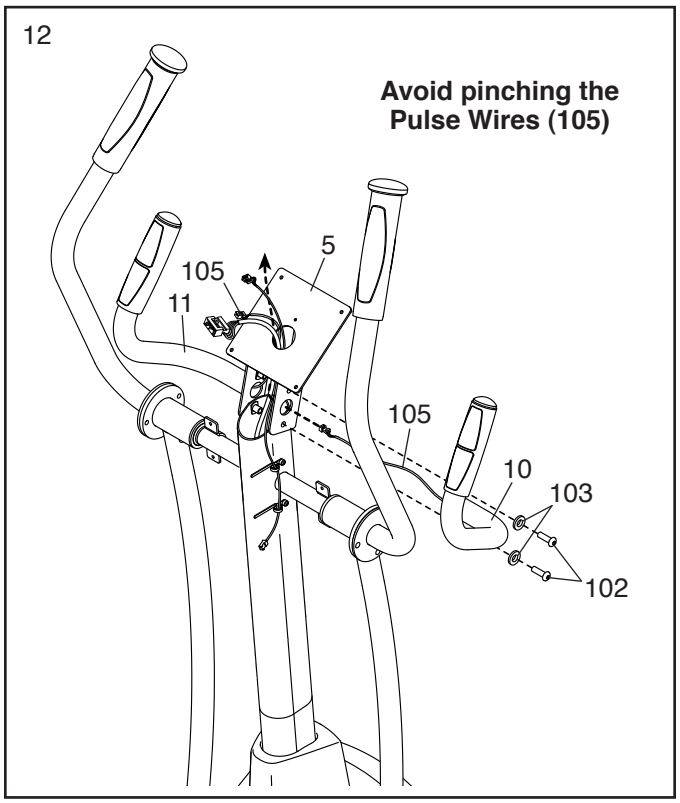
12. Identify the Right Handlebar (10) and orient it as shown.

    Have a second person hold the Right Handlebar (10) near the right side of the Upright (5).

    Insert the Pulse Wire (105) from the Right Handlebar (10) into the right side of the Upright (5) and pull it upward out of the top of the Upright.

    Tip: Avoid pinching the Pulse Wire (105).
    Attach the Right Handlebar (10) to the Upright (5) with two M8 x 16mm Screws (102) and two M8 Split Washers (103).

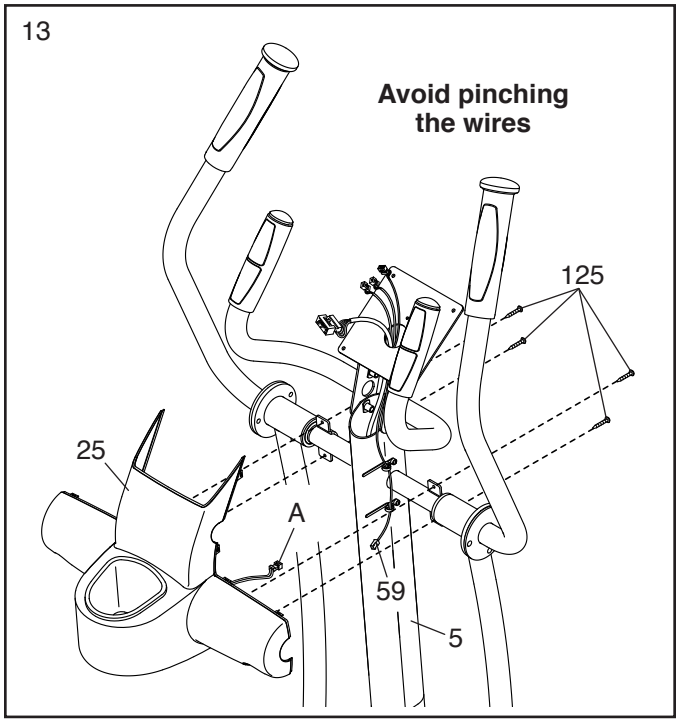
    Attach the Left Handlebar (11) in the same way.



13. Hold the Rear Upright Cover (25) near the Upright (5) as shown.

Connect the receiver wire (A) on the Rear Upright Cover (25) to the Receiver Extension Wire (59).

Tip: Avoid pinching the wires. Attach the Rear Upright Cover (25) to the Upright (5) with four M4 x 19mm Screws (125).

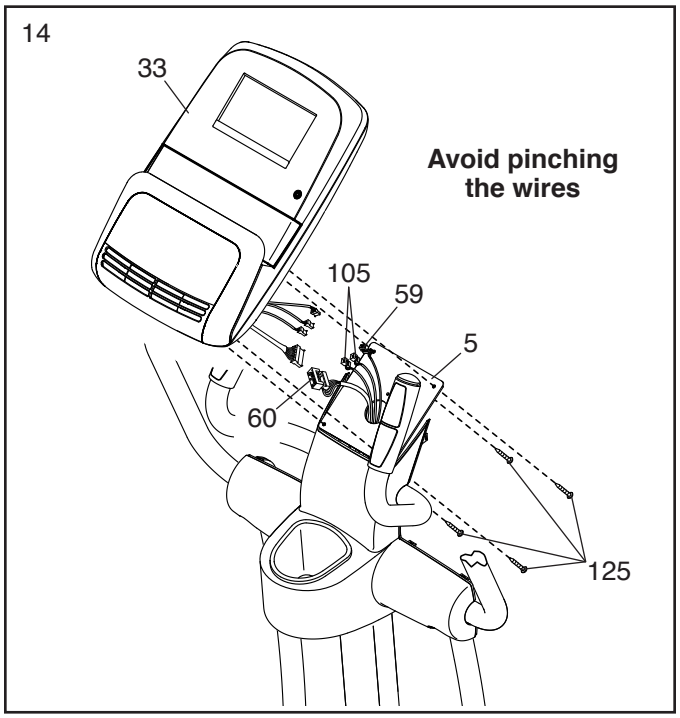


14. Untie and discard the wire tie attached to the Main Wire (60).

While a second person holds the Console (33) near the Upright (5), connect the wires on the Console to the Main Wire (60), to the Receiver Extension Wire (59), and to the Pulse Wires (105).

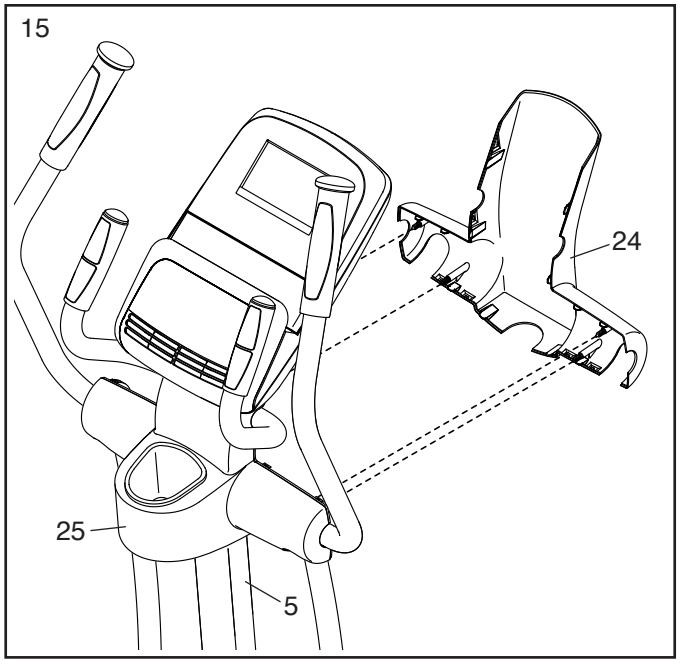
Insert the excess wire downward into the Upright (5) or upward into the Console (33).

Tip: Avoid pinching the wires. Attach the Console (33) to the Upright (5) with four M4 x 19mm Screws (125).



15. Orient the Front Upright Cover (24) as shown.

    Attach the Front Upright Cover (24) around the Upright (5) by pressing the tabs on the Front Upright Cover into the Rear Upright Cover (25).



16. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

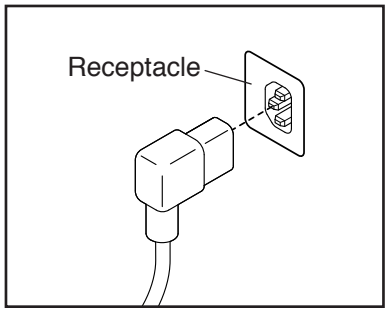
HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

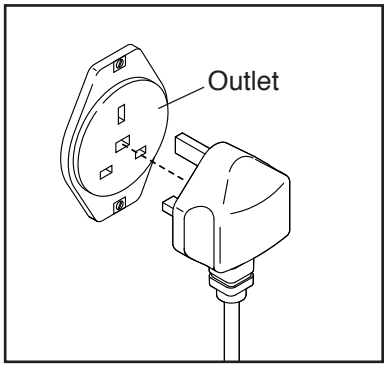
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.

⚠DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

1. Plug the indicated end of the power cord into the receptacle on the rear of the elliptical.

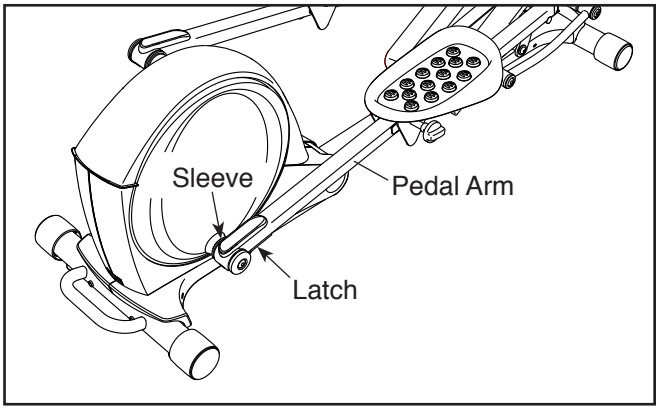


2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: Your power cord and outlet may look different from those shown in the drawing.

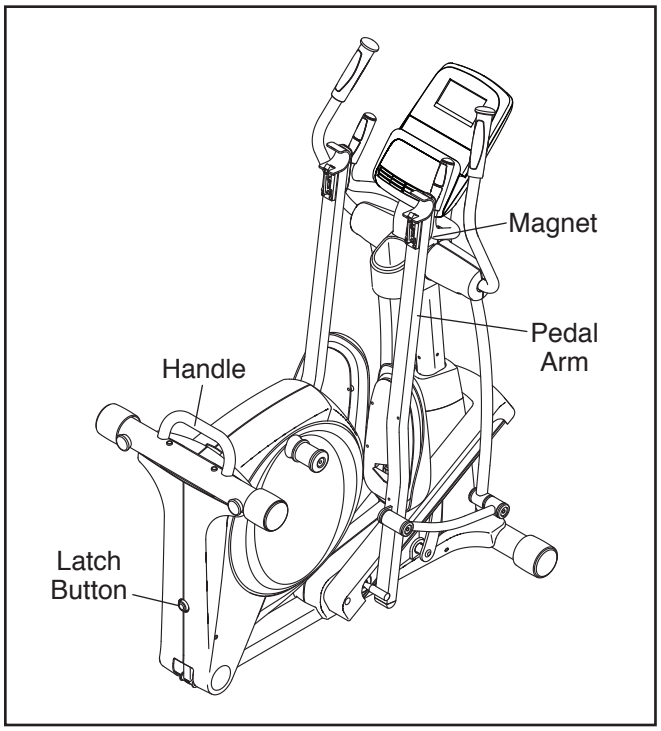


HOW TO FOLD AND UNFOLD THE ELLIPTICAL

When the elliptical is not in use, the frame can be folded out of the way. First, lift the latch under each pedal arm, and lift the pedal arms off the sleeves on the crank arms.



Next, raise the pedal arms until the magnets on the pedal arms touch the handlebars; the magnets will hold the pedal arms in place. Then, hold the handle and lift the frame until it locks in a vertical position.

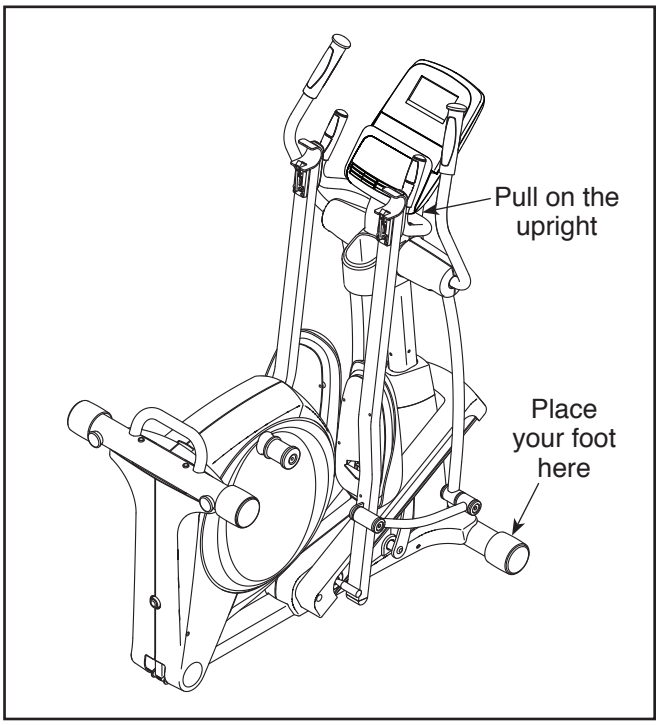


To use the elliptical, first hold the handle, press the latch button, and lower the frame.

Next, pull the magnets on the pedal arms off the handlebars. Then, **lift the latches under the pedal arms,** and set the pedal arms on the sleeves on the crank arms. Release the latches, and make sure that the pedal arms are securely connected to the crank arms.

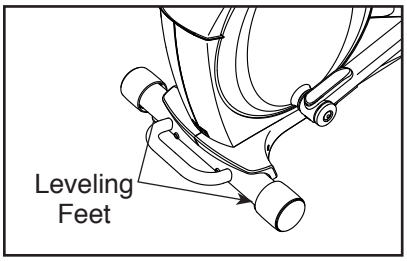
HOW TO MOVE THE ELLIPTICAL

To move the elliptical, first fold it as described on page 15. Next, stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull the upright until the elliptical rolls on the wheels. With the help of a second person, carefully move the elliptical to the desired location, and then lower it to the floor.

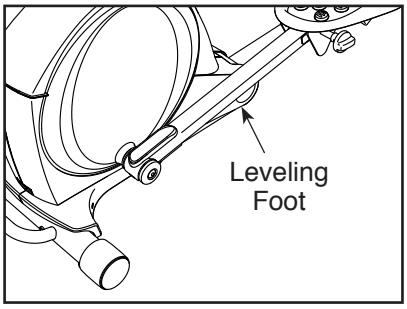


HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

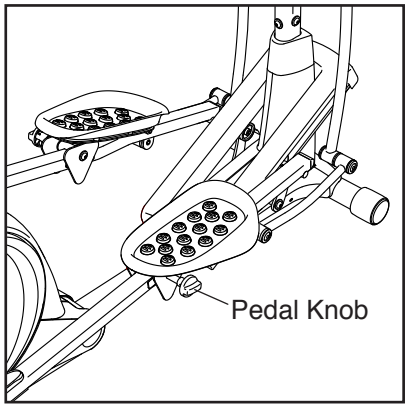


If the frame of the elliptical flexes during use, turn the center leveling foot until the flexing motion is eliminated.



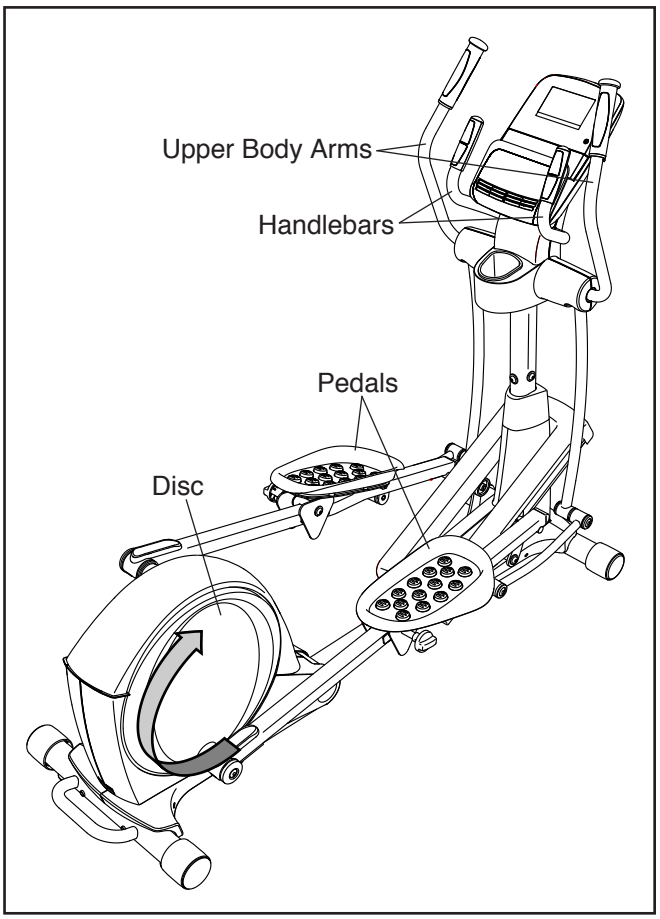
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply lift the pedal and turn the pedal knob beneath the pedal. **Make sure to adjust both pedals to the same position.**



HOW TO EXERCISE ON THE ELLIPTICAL

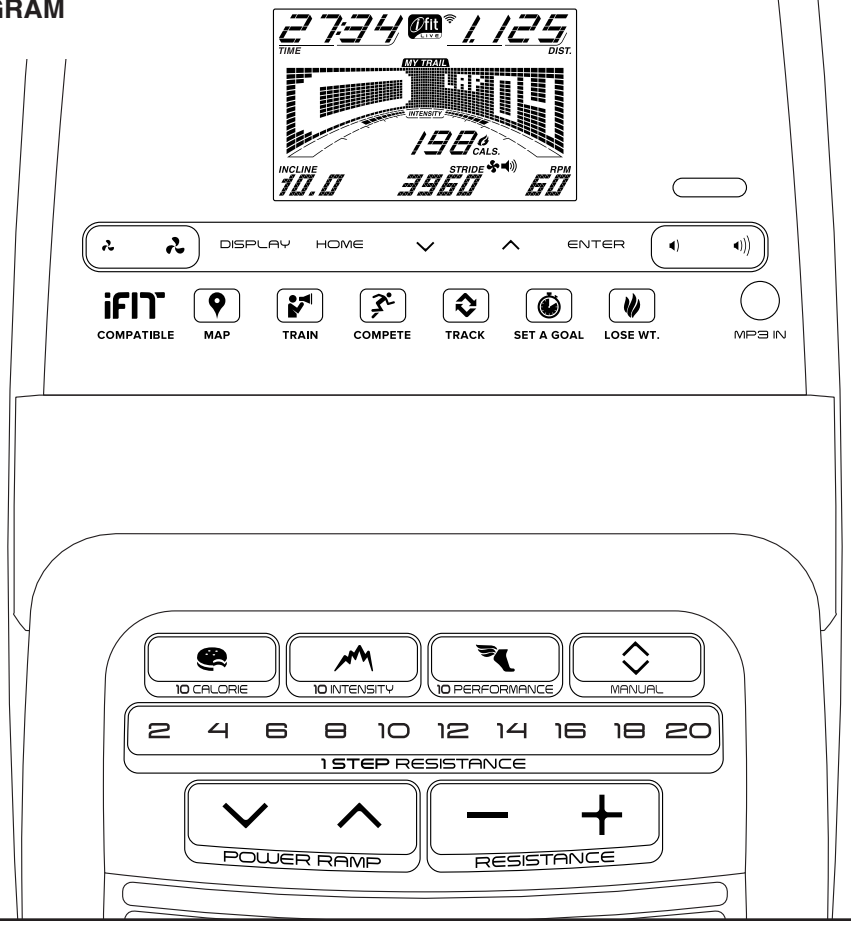
To mount the elliptical, hold the upper body arms or the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.



Note: The discs can turn in either direction. It is recommended that you turn the discs in the direction shown by the arrow; however, for variety you can turn the discs in the opposite direction.

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or an optional chest heart rate monitor.

In addition, the console offers thirty onboard workouts. Each workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling pace as it guides you through an effective workout. You can also set a calories, distance, or time goal.

The console also features revolutionary iFit technology that enables the console to communicate with your wireless network through an optional iFit module. With iFit, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

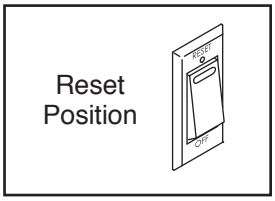
To turn on the power, see page 19. **To use the manual mode,** see page 19. **To use an onboard workout,** see page 22. **To use a set-a-goal workout,** see page 23. **To use an iFit workout,** see page 24. **To use the sound system,** see page 25. **To change console settings,** see page 26.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 15. Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the ramp may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 27 and manually calibrate the ramp.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER at the left.

2. **Select the manual mode.**

   Press the Manual button on the console to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

3. **Change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons or by pressing one of the numbered 1 Step Resistance buttons.

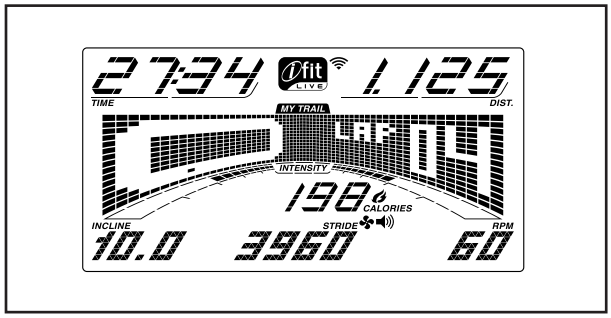
   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press the Power Ramp increase and decrease buttons.

   Note: After you press a button, it will take a moment for the ramp to reach the selected incline level.

4. **Follow your progress with the display.**

The display can show the following workout information:



Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Incline—This display mode will show the incline level of the ramp for a few seconds each time the incline level changes.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

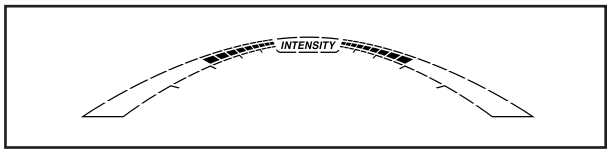
Incline—This tab will show a profile of the incline settings of the workout. A new segment will appear at the end of each minute.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.

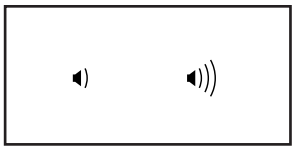


Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 26 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the volume increase and decrease buttons.

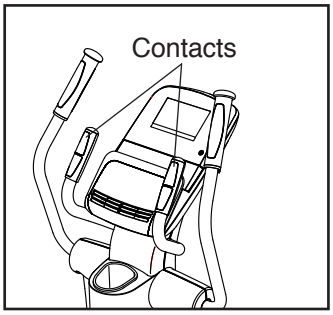


5. **Measure your heart rate if desired.**

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor **(see page 25 for information about the optional chest heart rate monitor).**

Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

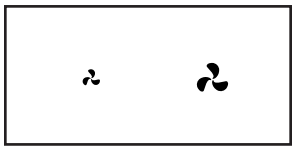


When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has low and high speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, unplug the power cord.**

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 19.

2. **Select an onboard workout.**

   To select an onboard workout, press the 10 Calorie, 10 Intensity, or 10 Performance button repeatedly until the desired workout appears in the display.

   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

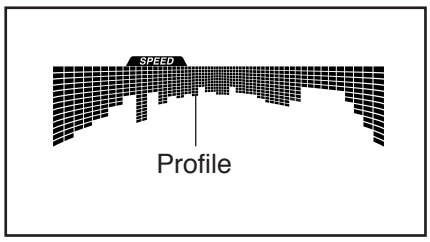
   The display will also show the maximum pedaling speed (rpm), the maximum resistance level, and the maximum ramp level.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

   The resistance level, the ramp incline level, and the target rpm for the first segment will appear in the matrix.

   During the workout, the profiles on the speed and incline tabs will show your progress.



   The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed or the incline level for the current segment.

   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level, ramp incline level, and/or target rpm is programmed for the next segment, the resistance level, ramp incline level, and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals and the incline level of the ramp will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

   IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Power Ramp buttons.
   IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the ramp will automatically adjust to the incline level programmed for the next segment.

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 20.

5. **Measure your heart rate if desired.**

   See step 5 on page 21.

6. **Turn on the fan if desired.**

   See step 6 on page 21.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 21.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 19.

2. **Set a calories, distance, or time goal.**

   To set a calories, distance, or time goal, first press the Set A Goal button.

   Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   As you exercise, a target rpm (speed) may appear in the display to help you reach your goal. Keep your pedaling speed near the target rpm. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

   The workout will continue in this way until the calories, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 20.

5. **Measure your heart rate if desired.**

   See step 5 on page 21.

6. **Turn on the fan if desired.**

   See step 6 on page 21.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 21.

HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout.

To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 19.

2. **Make sure that the iFit module is inserted in the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

3. **Select a user.**

   If more than one user is registered with your iFit.com membership, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit button. Note: You may be able to access demo workouts through these options, even if you do not insert an iFit module.

   To compete in a race that you have previously scheduled, press the Compete button.

   To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set Goal button (see page 23).

   Note: Before some workouts will download, you must add them to your schedule on iFit.com.

   For more information about the iFit workouts, please go to www.iFit.com.

   When you select an iFit workout, the display will show the name, duration, maximum ramp incline level, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

5. **Start the workout.**

   See step 3 on page 22.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 26).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 20.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

   During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 21.

8. **Turn on the fan if desired.**

   See step 6 on page 21.

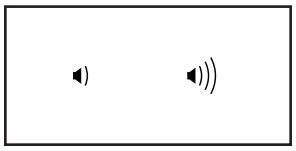
9. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 21.

For more information about iFit, please go to www.iFit.com.

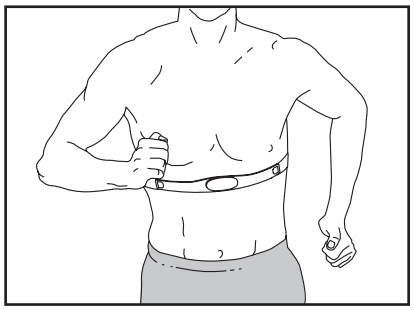
HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**



Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

THE OPTIONAL CHEST HEART RATE MONITOR



Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

2. **View usage information.**

   The display will show the total number of hours that the elliptical has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the elliptical.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the Power Ramp increase and decrease buttons to adjust the contrast level.

5. **Determine if an iFit module is connected to the console.**

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

   To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Set the default menu if desired.**

   Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode main menu or the iFit menu as the default menu.

8. **Check the status of the iFit module if desired.**

   Press the decrease button to view the iFit status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

   Then, press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. **Check for downloads if desired.**

   Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

   Then, press the Enter button. The console will then check for iFit workouts and firmware downloads.

10. **Exit the information mode.**

    Press the Display button to exit the information mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in. If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 26 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 21.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the Calorie button for several seconds until the test mode appears in the display.

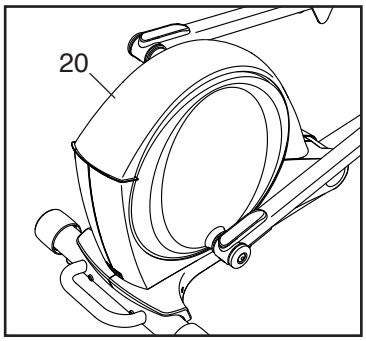
Press the Calorie button again. Then, press the Power Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the Calorie button repeatedly to exit the calibration mode.

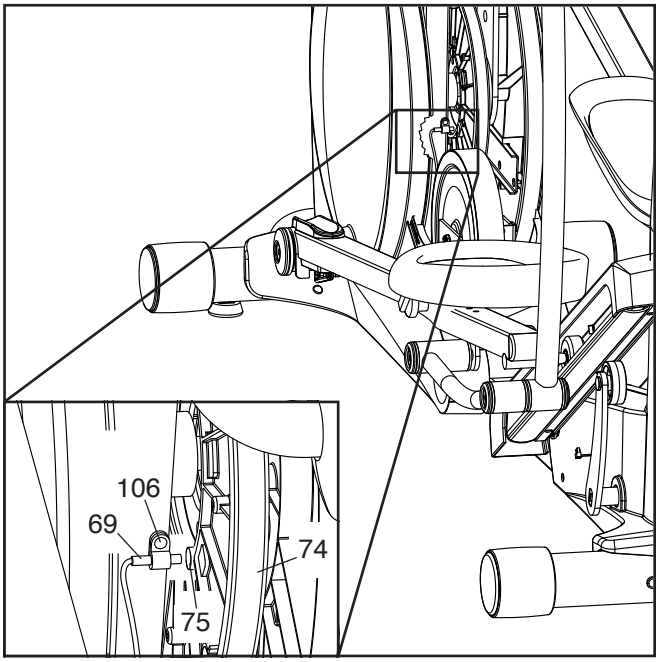
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, **first unplug the power cord.** Using a flat screwdriver, release the tabs on the Access Cover (20) and pry the Access Cover upward off the elliptical.



Next, look into the access opening and locate the Reed Switch (69). Rotate the Large Pulley (74) until a Pulley Magnet (75) is aligned with the Reed Switch.



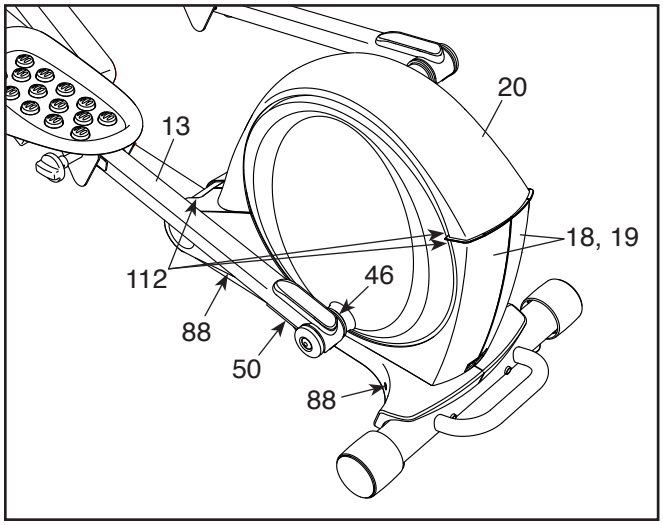
Next, loosen, but do not remove, the indicated M4 x 16mm Screw (106). Slide the Reed Switch (69) slightly toward or away from the Pulley Magnet (75). Then, retighten the Screw.

Plug in the power cord and rotate the large pulley for a moment. Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the access cover.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

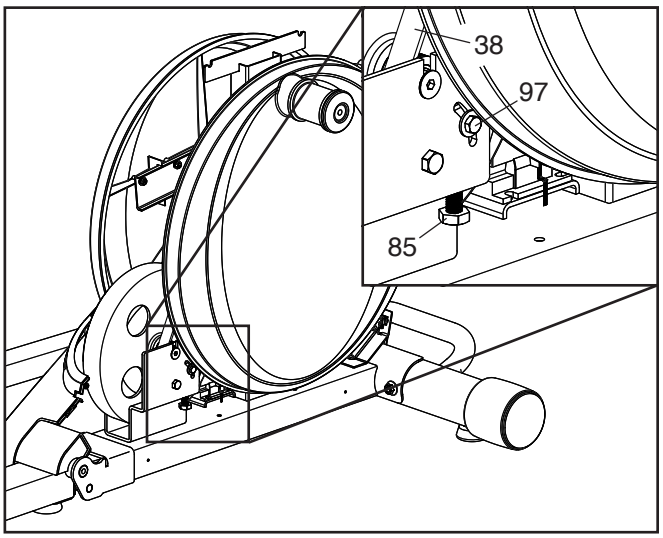
To adjust the drive belt, **first unplug the power cord.** Using a flat screwdriver, release the tabs on the Access Cover (20) and pry the Access Cover upward off the elliptical.



Next, lift the Latch (50) on the underside of the Left Pedal Arm (13), and then lift the Left Pedal Arm off the left Pedal Arm Sleeve (46).

Then, remove the M4 x 16mm Round Head Screws (112) and the M4 x 42mm Screws (88) from the Right and Left Shields (18, 19). (Note: Not all Screws are shown. Be sure to note which size Screws come from which holes.) Then, carefully remove the Left Shield.

Loosen the Pivot Screw (97). Tighten the Belt Adjustment Screw (85) until the Drive Belt (38) is tight. When the Drive Belt is tight, tighten the Pivot Screw.



When you are finished, reattach the left shield, replace the left pedal arm, and reattach the access cover. Then, plug in the power cord.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

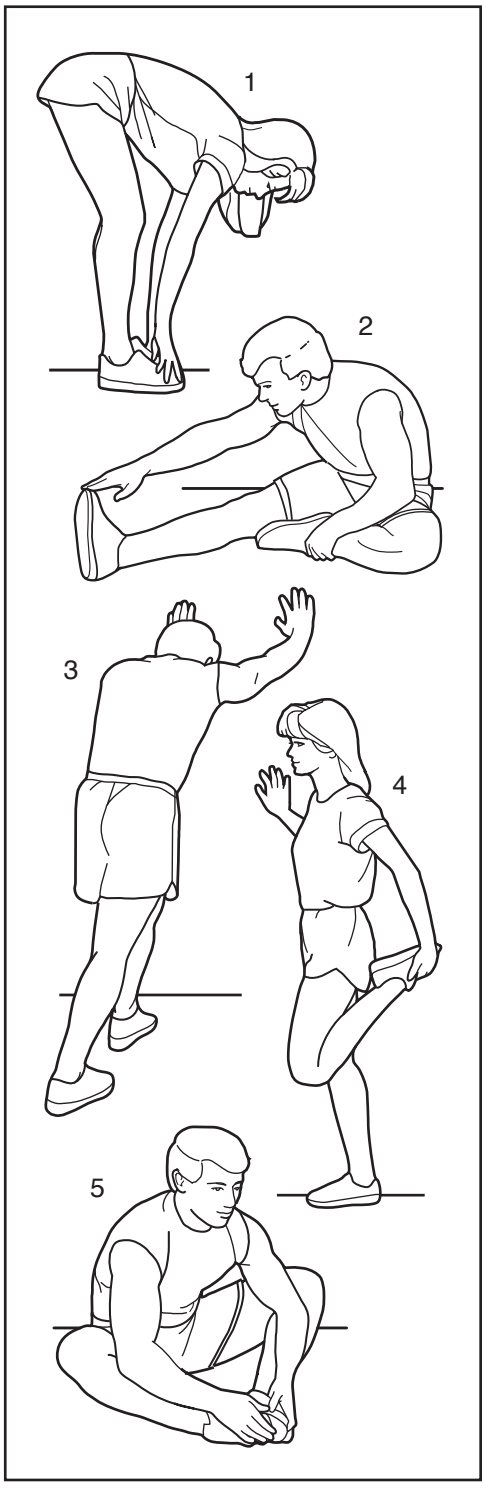
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. NTEVEL90912.0 R0812A

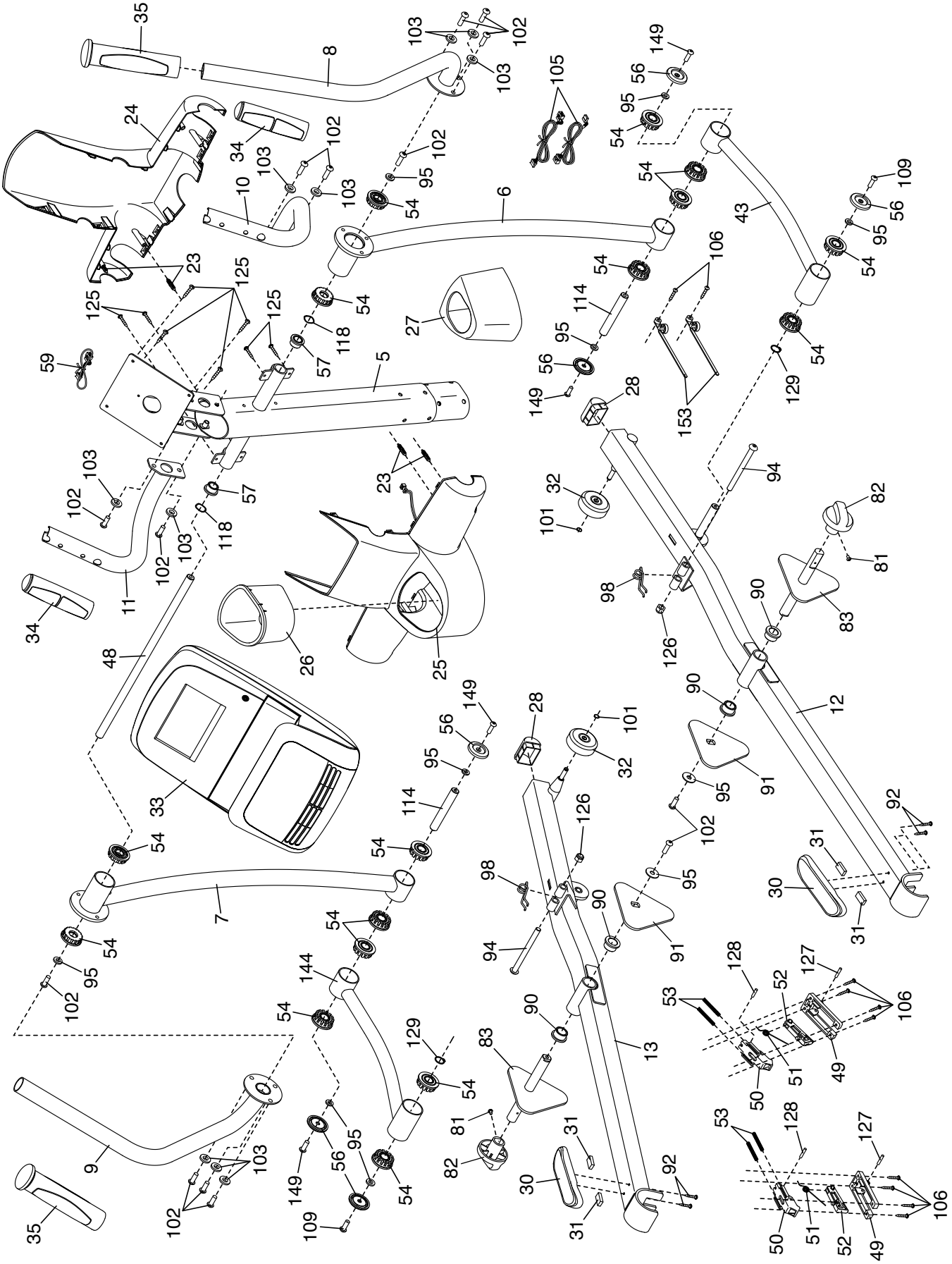
Key No.	Qty.	Description
1	1	Main Frame
2	1	Folding Frame
3	1	Front Stabilizer
4	1	Rear Stabilizer
5	1	Upright
6	1	Right Upper Body Leg
7	1	Left Upper Body Leg
8	1	Right Upper Body Arm
9	1	Left Upper Body Arm
10	1	Right Handlebar
11	1	Left Handlebar
12	1	Right Pedal Arm
13	1	Left Pedal Arm
14	1	Right Pedal
15	1	Left Pedal
16	2	Wheel Cap
17	2	Disc
18	1	Right Shield
19	1	Left Shield
20	1	Access Cover
21	1	Right Frame Cover
22	1	Left Frame Cover
23	6	Double Tree Fastener
24	1	Front Upright Cover
25	1	Rear Upright Cover/Receiver
26	1	Accessory Tray
27	1	Top Cover
28	2	Pedal Arm Cap
29	18	Mount w/Screw
30	2	Magnet Cover
31	4	Pedal Arm Magnet
32	2	Pedal Arm Roller
33	1	Console
34	2	Pulse Sensor/Wire
35	2	Handgrip
36	2	Wheel
37	2	Stabilizer Cap
38	1	Drive Belt
39	2	Crank Arm
40	2	Hairpin Cotter Pin
41	3	Leveling Foot
42	1	Latch Bracket
43	1	Right Link Arm
44	2	Lift Bracket
45	2	Lift Axle Bushing
46	2	Pedal Arm Sleeve
47	2	Inner Sleeve Bushing
48	1	Upright Axle
49	2	Latch Housing
50	2	Latch
51	2	Large Latch Spring
52	2	Latch Insert
53	4	Long Latch Spring
54	16	Arm/Leg Bushing
55	4	M4 x 16mm Flat Head Screw
56	6	Small Axle Cover
57	2	Upright Bushing
58	2	Outer Sleeve Bushing
59	1	Receiver Extension Wire
60	1	Main Wire
61	1	Flywheel/Mechanism
62	1	M10 x 14mm Washer
63	1	Frame Axle
64	4	Main Frame Bushing
65	1	Latch Bracket Axle
66	1	Latch Bracket Spring
67	1	Latch Button
68	1	Button Housing
69	1	Reed Switch/Wire
70	1	Clamp
71	1	Crank Hub
72	1	Crank
73	1	Crank Spacer
74	1	Large Pulley
75	2	Pulley Magnet
76	2	Folding Frame Bearing
77	1	Idler
78	1	Resistance Motor
79	1	Left Pedal Plate
80	1	Right Pedal Plate
81	2	Knob Screw
82	2	Pedal Knob
83	2	Pedal Cam
84	1	Flywheel Axle
85	1	Belt Adjustment Screw
86	8	M8 x 28mm Screw
87	2	Crank Snap Ring
88	4	M4 x 42mm Screw
89	4	Motor Screw
90	4	Pedal Arm Bushing
91	2	Cam Plate
92	4	M4 x 8mm Screw
93	1	Lift Arm Axle
94	2	M10 x 118mm Screw
95	12	M8 Washer
96	1	M6 Washer
97	1	Pivot Screw
98	2	Pedal Spring
99	1	Idler Bolt
100	4	M10 x 95mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Small Pedal Arm Snap Ring	131	1	Ramp Cover
102	18	M8 x 16mm Screw	132	4	Ramp Bushing
103	14	M8 Split Washer	133	1	Ramp Axle
104	2	Lift Arm Snap Ring	134	1	Lift Motor
105	2	Pulse Wire	135	1	Lift Motor Wire
106	13	M4 x 16mm Screw	136	2	Ramp Roller
107	4	M10 x 20mm Screw	137	1	Long Motor Axle
108	6	M10 Washer	138	1	Short Motor Axle
109	8	M8 x 16mm Screw	139	2	Lift Axle Washer
110	2	M8 x 1mm Washer	140	2	Motor Spacer
111	1	Left Pedal Insert	141	2	Lift Axle Screw
112	12	M4 x 16mm Round Head Screw	142	1	Left Lift Arm
113	2	Large Axle Cover	143	1	Right Lift Arm
114	2	Link Arm Axle	144	1	Left Link Arm
115	1	Power Switch	145	1	Motor Power Wire
116	1	Power Cord Recaptacle	146	8	M6 x 12mm Screw
117	1	Right Pedal Insert	147	1	Frame Wire
118	2	Wave Washer	148	1	Ground Wire
119	1	Power Cord	149	4	M8 x 35mm Screw
120	1	Control Board	150	4	M8 x 38mm Screw
121	2	M8 x 25mm Screw	151	2	M8 Locknut
122	1	3/8" x 1" Flange Screw	152	2	Pedal Bumper
123	4	Nylon Standoff	153	2	Wire Clip
124	1	Control Board Bracket	154	1	Resistance Motor Wire
125	8	M4 x 19mm Screw	*	–	Blue Wire
126	4	M10 Locknut	*	–	White Wire
127	2	Long C-pin	*	–	User's Manual
128	2	Short C-pin	*	–	Assembly Tool
129	2	Large Pedal Arm Snap Ring	*	–	Grease Packet
130	1	Ramp			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

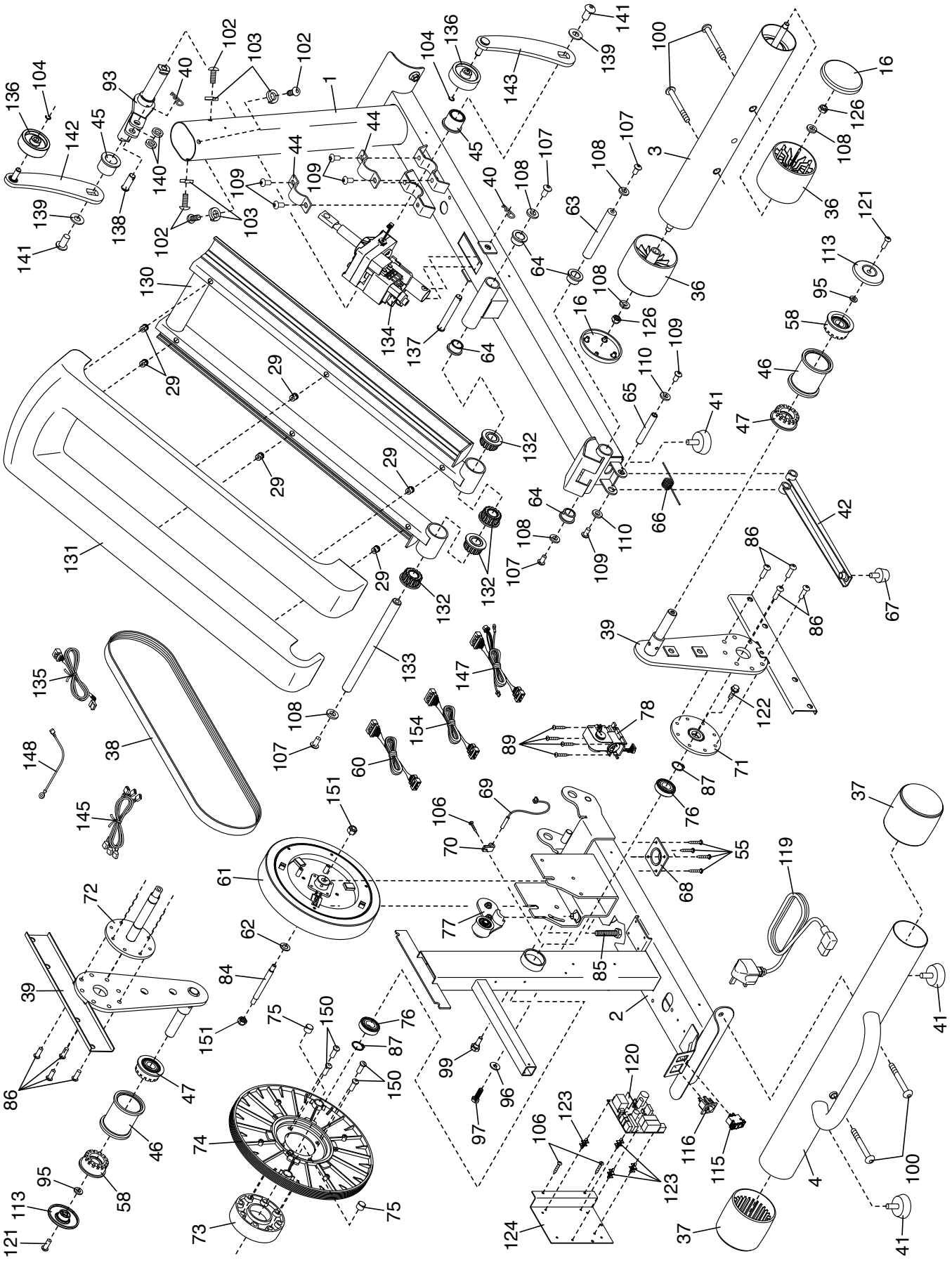
EXPLODED DRAWING A

Model No. NTEVEL90912.0 R0812A



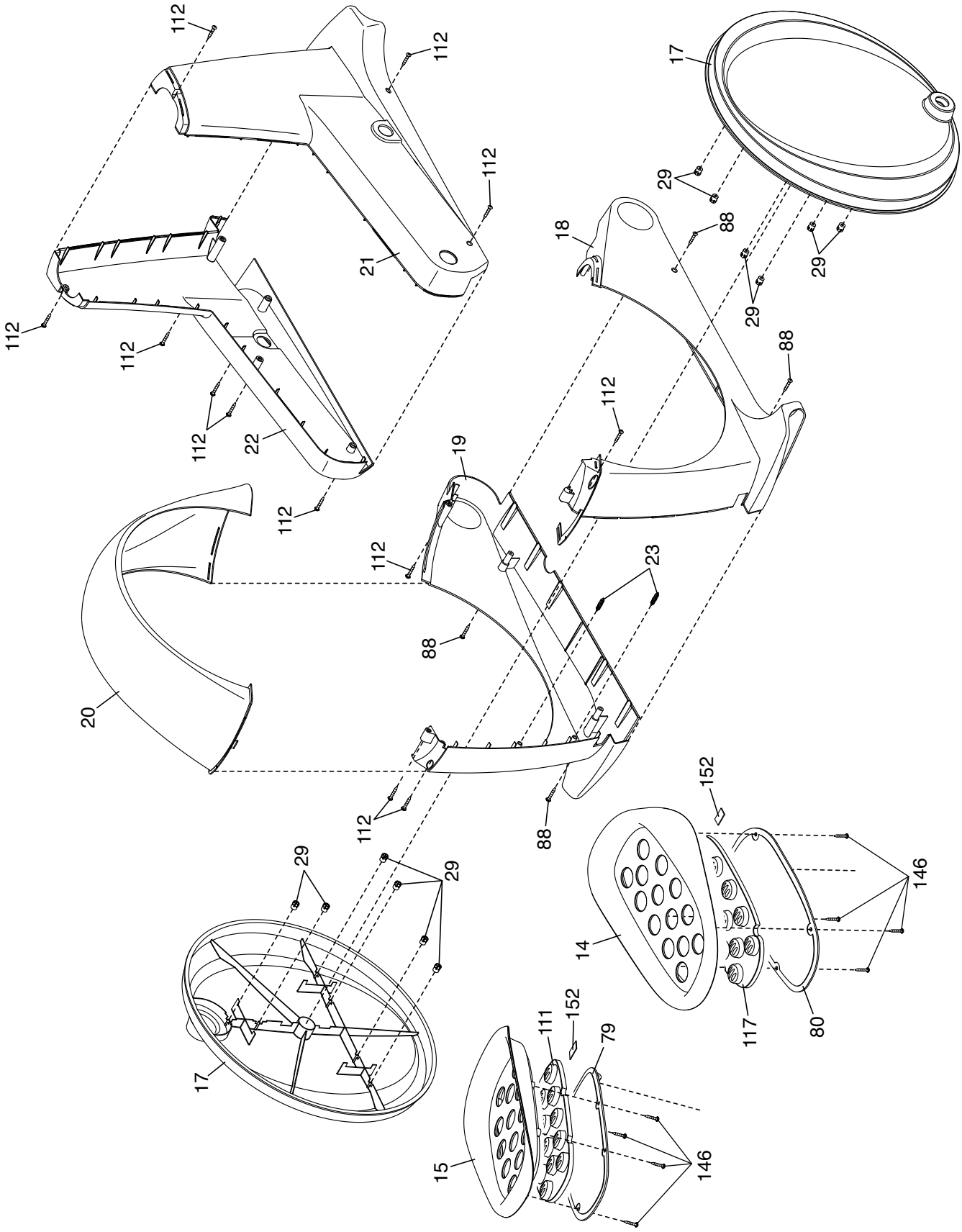
EXPLODED DRAWING B

Model No. NTEVEL90912.0 R0812A



EXPLODED DRAWING C

Model No. NTEVEL90912.0 R0812A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

Part No. 333247 R0812A

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